

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Why do we have them? How do they form? How can we change them? This chapter explores the science of habits and provides practical tips for identifying and breaking bad habits while building good ones.

Key Concepts

- The Habit Loop
- Automatic vs. Deliberate Habits
- Neuroplasticity and Habit Formation
- The Role of Consistency

Chapter Objectives

- Understand the science of habits and how they are formed.
- Identify your own habits and determine which ones are good or bad.
- Learn techniques for breaking bad habits and building good ones.

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# Habit Building Planner Complete Workbook

**Roman Wölfel**



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